



主编：史占春

A GUIDE TO MOUNTAINEERING IN CHINA

中国 登山指南



成都地图出版社

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中国登山指南

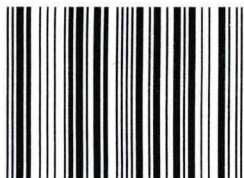
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一覽眾山小

楊得志

一九九一年九月

中国登山协会名誉主席杨得志题词
An Inscription By Yang Dezhi, Honorary President of The
Chinese Mountaineering Association.

序

随着科学技术的飞速发展和人类生活水平的不断提高,越来越多的人将目光投向了山间野地,投向了那些尚未被人类认识和开发的地区。

“会当凌绝顶,一览众山小”,山,以其独有的魅力吸引着众多的登山爱好者,他们渴望通过艰苦的攀登磨炼自己,向往站在峰巅与大自然对话。

中国是山的王国,拥有数不清的大小山峰。世界第一高峰——珠穆朗玛峰、次高峰——乔戈里峰、“众山之王”——贡嘎山、“天上掉下的石头”——南迦巴瓦峰等等。这些美丽而神秘的高峰,是世界各国登山家心目中的“圣地”。

“山不在高,有仙则名”,在中国,每座山峰都拥有一个美丽动人的神话传说,每座山峰都是人类古往今来自强不息的刚毅品格的体现。山区的人们爱山,崇拜山,把山视为“圣洁之地”,他们认为山是神之所居,是神的化身。这一质朴的崇拜竟成为他们赖以生存的精神力量,世世代代繁衍生息。

山,既有它的威严、肃穆,也不乏亲善、多情。它有时温情脉脉,与你耳鬓厮磨;有时却又暴虐无常,不容人们与之亲近。它无情地吞没了马洛里、山田升、丁行友、梅里雪山十七勇士,它也造就了梅斯纳尔、田部井淳子、潘多等无数登山英雄。无怪乎人们要问一句:“山,究竟是什么?”

翻开登山历史的篇章,公元403年,法显和尚等三人

在那竭国出发，南度小雪山，景慧和尚成为我国高山攀登的第一个牺牲者；

七世纪，唐朝高僧玄奘历尽千辛万苦，越过重重高山，登上了葱岭北隅的凌山；

1786年，M·G帕卡尔和瑞士农民丁·巴尔玛第一次以科学探险为目的，登上阿尔卑斯山主峰勃朗峰，此后，各国便把登山活动正式列为一项体育活动。

奇迹在不断地出现，1953年英国登山队的两名队员——E·希拉里和丹增从南坡登上珠穆朗玛峰；1960年中国运动员王富州、贡布、屈银华从北坡踏上地球之颠；1988年，中、日、尼三国队员实现南北跨越珠峰的壮举。

登山是一种劳动，一种战斗，它比单纯的运动有更深奥的意义。登山也是一项勇敢者的运动，它能全面锻炼人的体格，培养人机智、勇敢，刻苦耐劳和集体主义精神，它还可以使人们扩大眼界，增长知识，丰富人们的生活内容。一座高峰的征服，对登山者来说是向自我的挑战，是向人类生理极限的挑战，是向大自然的挑战，它给予人们更多的是精神财富。

1960年，中国登山健儿登上世界第一高峰，振奋了民族精神，鼓舞了中华儿女战胜自然灾害的信心和勇气。

登山也是一种真实的友情的冒险，有众多登山者为此付出了沉重的代价，但历史却为他们刻下了永恒的丰碑。

现今，人们不断地走出繁华的都市，去到杳无人迹的山野，没有世人的注目也不为金钱的诱惑，“他们只想面对永恒的大自然，与山的世界融合成一体”。

山是大自然的宠儿，山是地球母亲的骄子，人类和高

山有着不解的恋情。高山冰川是地球江河之源，山中宝藏是人类生存的物质财富，高山豁达的胸怀，高峻雄伟的气魄启迪着人类，催人奋进。

朋友们，您爱山吗？那么欢迎您到中国来，“因为山在那里”。

史占春

The Preface

Shi Zhan chun
President of the
Chinese Mountaineering Association

With the rapid development of science and technology and the constant improvement of man's life, more and more people are drawn to mountainous areas and wilderness as well as other deserted areas, still unknown and unexplored by mankind.

As a Chinese saying goes, "If you happen to come to the summit of a mountain, all the other mountains in your full view appear so insignificant." Mountains, with their unique charm, hold the attention of numerous mountaineering fans, who are eager to acquaint themselves with hardships by strenuous climbing and look forward to having a word with nature at the summit.

China, regarded as a kingdom of mountains, boasts countless alpine peaks of various sizes, such as Qomolangma Feng (the highest peak in the world, Qogir Feng (the second highest), Gongga Shan (King of Mountains) and Namjagbarwa Feng (the Huge Stone from Heaven). The beautiful and mysterious alpine peaks are worshipped as the sacred land by alpinists all over the world.

A man of letters in ancient China once remarked that "Regardless of the height difference between mountains, they become famous only if there are celestial beings". In China,

every peak is endowed with a beautiful and moving myth while each signifies human fortitude and their constant strive to improve themselves from generation to generation. People in the mountain areas love and worship mountains, thinking of them as "a holy and pure land" where God lives and is embodied. Furthermore, the plain worship has always been the spiritual power with which they live on for many generations.

Not only are mountains majestic, solemn and respectable but also full of goodwill and feelings. On one occasion, they may be tender and dear to you, but on another, violent and capricious, depriving people of the chance to approach them. Though having cruelly taken the lives of Maluoli, Shantiansheng, Ding Xingyou and the seventeen warriors in Moirigkawagorbo Shan, they have given honor to a great number of alpinist heroes and heroines such as MeisiLa'e, TianbuJiangcun (transliteration) and Pando. Therefore, it is nothing strange at all for people to ask, "What in fact are mountains?"

Now, let's trace the history of mountain climbing. In 403 A. D., Monk Fa Xian and his two companions set out from Najieguo (transliteration) to make an ascent of the Lesser Xue Shan in the south. Another monk, Monk Jing Hui, was the first to give his life to mountain climbing.

Then, in the 7th century, Xuan Zhuang, a reverend monk in the Tang Dynasty, braved many hardships, climbed over lots of high mountains and in the end reached Ling Shan with its green ridges and deserted nook in between.

In 1786, for the first time in human history, M · G · Pakaer and J · Paerma (transliteration), a Swiss farmer, surmounted Mt. Brown, the main peak of the Alpes, for the purpose of scientific exploration. Thereafter, mountain climbing was classified as a formal sport game.

Nevertheless, wonders never stopped from coming. In 1953, E · Bullali and Danzen (transliteration) of the English mountaineering team conquered Qomolangma Feng from the south slope. In 1960, Chinese alpinists, Wang Fuzhou, Gongbu and Qu Yinhua got to the summit of the world (Qomolangma Feng) from the north slope. More exciting wonder appeared in 1988, when alpinists from three countries—China, Japan and Nepal—achieved the magnificent feat of ascend-

ing Qomolongma Feng from both the south and the north slopes.

Mountain climbing means much more than a mere sport game. It involves working hard and fighting against nature. As a sport of the brave, it enables people to keep fit, intelligent, courageous, hardworking and to cultivate a collective spirit as well. Moreover, man's view can be broadened and people's knowledge and life can be enriched. The conquest of a high peak challenges nature and alpinists themselves. It tests man's physical extreme and provides people more spiritual wealth than anything else.

A case in point is in 1960, when the successful ascent made by Chinese alpinists of the world's highest peak encouraged the Chinese people to be more confident to overcome natural disasters.

Man's sincere love for nature is best revealed in the adventure of mountain climbing. In spite of the great loss, an everlasting monument has been set up in history for those who have given their lives to it.

Now, people are trying to be away from the busy cities for the deserted mountains, away from the crowds of people and the lure of money. They have found out that it is the eternal nature that they want to embrace and the world of mountains that they desire to be with.

Mountains are nature's pets and the favorite sons of their mother—the earth. Man has always been in deep love with them. Besides, alpine glaciers have given birth to rivers on Earth while the precious deposit in the mountains are the material wealth on which human beings live. Not only being vast and magnanimous, but also high, steep and imposing, mountains inspire mankind to spare no effort to improve both nature and themselves.

Do you love mountains, my friends? If so, welcome to China, in which "mountains dwell."

编者言

中国的西部，有被称为“世界屋脊”的青藏高原和帕米尔高原，这里集中了海拔8848米的世界最高峰——珠穆朗玛峰、世界第二高峰——乔戈里峰（K2峰）等。许多世界著名高峰，全世界14座8000米级高峰，在中国境内有9座，至于7000米级、6000米级高峰就更是不可胜数。多少年来，中国西部一直是世界登山爱好者瞩目的焦点。

《中国登山指南》收录了中国境内42座最为著名、最具代表性的高峰。较为详细地介绍了山峰的地质、地貌、气候、登山记录、进山交通等各种内容，更辅以精美的照片、地图，使本书内容更为详实、可靠。是全世界登山爱好者和向往高山的人们不可多得的一本极有价值的参考资料。

登山，是一项勇敢者的运动，是人类向自然挑战，向自身挑战的一项壮举。在世界文明高度发达的今天，登山，也是人类与自然交流，人类相互交流，友好往来的一种途径。《中国登山指南》的出版，正是本着让人类了解自然，让世界了解中国，让中国走向世界这一良好的愿望。我们希望本书的出版能为世界登山运动的发展起到积极的作用。

编制出版这样一本书，国内尚属首次，由于资料收集和其他条件的制约，本书可能存在一些缺点和错误。在此，我们恳请读者和各方面专家批评指正。

Editor's Notes

In west China lies the Pamirs and the Tibetan Plateau, the latter being called "Roof of the World". Many famous alpine peaks in the world cluster here. Nine of the fourteen high peaks of 8000 meters above sea level stand in China, not to mention the listless ones of 7000 meters and 6000 meters in height. There are Qomolangma Feng (8848 meters), the highest peak in the world, and Qogir Feng, the second highest. Thus, west China, for many years, has been the focus of alpinists' attention all over the world.

"A Guide to Mountaineering in China" is right for the purpose to offer valuable reference to mountaineering fans throughout the world. It includes the forty-two most famous and representative peaks in China and gives us a fairly detailed account of their geological, geographical and climatic features, mountain climbing records and the routes to the mountains, etc. In addition, exquisite photos and maps make the book more detailed and accurate and the information more reliable.

Mountain climbing is a sport of the brave and the magnificent feat of man's challenge both to nature and to themselves. In today's highly civilized world, it proves to be a way for people to have friendly exchange with each other and to know each other better. The desire to make China better-known to the world and more prominent has encouraged us to publish "A Guide to Mountaineering in China". We sincerely hope that publishing the book will play an active part in the development of world's mountaineering activities.

As it is the first time for us to compile and publish such a book in China and due to limited material and conditions, there may be defects and mistakes in the book. Now, we earnestly request the reader and all experts concerned to oblige us with your valuable comments.

Sept, 1992


图 例

LEGEND

- | | | |
|---|----------------------|---|
| ★ | 北京
Beijing | 首都
Capital |
| ● | 拉萨
Lhasa | 省级行政中心
Provincial capital |
| ◎ | 乐山市
Leshan City | 地级市或 外国一般城市
Prefectural city
Common cities of foreign countries |
| ○ | 酒泉市
Jiouxuan City | 地、州、盟驻地
Site of prefecture or league |
| ● | 定日
Dingri | 县、县级市、县级区
County or city and district at county level |
| ○ | 绒布寺
Rongbushi | 区、乡、镇
District, township and town |
| ● | 沙坝
Shaba | 一般居民地
Common residential area |
|  | | 国界及未定国界
Defined and undefined international boundaries |
|  | | 省、自治区界
Boundaries of province and autonomous region |
|  | | 铁路
Railway |
|  | | 公路及里程
Highway and mileage |
|  | | 小路
Village road |

图 例

LEGEND

- ▲ 山峰及高程点
Mountain peaks and elevational Point
-  河流、湖泊
River and lake
-  时令河、时令湖
Intermittent river、Intermittent lake
-  冰川或永久积雪区
Glacier or permanent accumulated snow area
-  沙漠
Desert
-  等高线
Contours
-  沼泽
Swamp
-  冰塔
Serac
-  石块地、陡崖
Gravell Steep face
-  登山营地
Mountaineering camp
-  攀登路线
Mountaineering itinerary
-  山口、关隘
Mountain pass

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